APPLICATION

- How can you honor God with your thoughts, speech, and actions? What's one habit that you know needs to change, starting today?
- Have you turned away from ungodliness and worldly passions (Titus 2:12)? What influences do you still struggle with and need to say no to? Do you believe God's grace is available for you to live for Him?
- How can you be a godly influence to the people around you—in your family, in school, or at work? Think of a practical way you can lead others to Christ this week.

PRAYER

- Thank God for the gift of life. Pray for good health and that you would be a good steward of the body He has given you.
- Pray for the grace to live a self-controlled, upright, and godly life in your thoughts, speech, and actions. Ask God to use you as a vessel for honorable use in His kingdom.
- Pray that you would be a good witness of God's grace to the people around you. Pray that God would be glorified in all that you do.



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WARM-UP

NOTES

- Who is your favorite athlete? What do you like about him/her?
- What things do you do to keep yourself healthy?
- Tell us about one of your talents or hobbies. How is it a part of your daily life?

WORD

¹⁸Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰for you were bought with a price. So glorify God in your body. 1 CORINTHIANS 6:18-20

As Christians, we believe that our bodies belong to God; we are not our own. Not only does our body belong to God—His Spirit dwells in it. Honoring God therefore means controlling our bodies in a way that is holy and honorable. Our bodies are to be used to serve and glorify Him. In this lesson, we will look at three guiding principles to help us honor God with our bodies.

Watch out for what comes in.

¹¹For the grace of God has appeared, bringing salvation for all people, ¹²training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age . . . TITUS 2:11,12

Every day, we encounter many things that can influence our bodies through our senses—what we see, hear, and feel around us. We must therefore guard our bodies against anything-including information, products, entertainment, and relationships-that can lead us to ungodliness. We must always immediately flee from and disagree with anything that can corrupt our bodies with sexual immorality, sinful thoughts and habits, or an unhealthy lifestyle. What are some examples of influences that we must guard against? What things should we renounce?

2 Watch out for what goes out.

... training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age . . . TITUS 2:12

With our bodies, we are able to live for and serve God. Our mouth, hands, feet—our whole body—should be used for honorable purposes. This means that everything about us should honor God. We glorify God by living self-controlled, upright, and godly lives. How can we honor God with our thoughts, speech, and actions? According to 2 Timothy 2:20-25, how can we be vessels for honorable use?

3 God's grace empowers us to live for Him.

¹¹For the grace of God has appeared, bringing salvation for all people, ¹²training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, ¹³waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, ¹⁴who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works. TITUS 2:11-14

On the cross, Jesus paid the price to redeem our bodies. Jesus' sacrifice of His own body saves us from the power of sin and death, and now His grace trains and enables us to live for Him. Without Christ, we could never say no to sin. But in Christ, because of His grace, we can say no to ungodliness and live for Him. How have you experienced God's grace to live for and obey Him?